



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G7
IN PINGYAO SHANXI
HISTORY, CULTURE, ART
& NATUTRE IMMERSION**

PROGRAM OVERVIEW

This 5D4N Pingyao Study Programme for Grade 7 blends profound ancient Chinese cultural exploration with hands-on outdoor team challenges. Students will travel by high-speed rail to Pingyao, a well-preserved ancient walled city. They will dive into the history and wisdom of Pingyao's ancient architecture, explore folk traditions within the old town including the cultural symbolism of stone lions, and uncover the military-defence layout of Zhangbi Ancient Castle via a scavenger-hunt activity. Learners will also take part in creative workshops such as clay sculpture, collaborative engineering challenges of Monkey Bridge Building, Laser Tag and overnight camping experiences. Through scavenger hunts, cultural quizzes, campfire talent shows, immersive site visits to Bai Chuan Tong Bank and closing reflection & awards ceremony, students engage with Shanxi's time-honored history while building problem-solving skills, resilience and teamwork.

PINGYAO, SHANXI

Pingyao, which has a history of 2700 years, is one of the four best preserved old cities in China. Located in central Shanxi Province, Pingyao Old City once played an importance role in facilitating trade and commerce in Imperial China due to its sophisticated trade financing industry. Today, the old city still boasts of having streets and houses built during the Ming and Qing dynasties, surrounded by old city walls.

The program will take the students on a time travel back to the Past as they explore the city walls, Zhangbi Castle, underground tunnels and Shuanglin Temple and a variety of hands-on activities.



Orienteering & Outdoor Sketching

Students will join a field study at Pingyao Yuan Yiran Happy Valley, taking part in orienteering and outdoor sketching amid wet-park and rural landscapes. Using maps and check-point markers, students complete orienteering challenges to sharpen sense of direction, teamwork and problem-solving skills. Afterwards, they carry out outdoor sketching on-site, capturing pastoral scenery and ancient-village features and translating real-world views into artworks. Blending physical challenges, group collaboration and artistic creation, this activity fosters students' comprehensive qualities within the open natural setting.



Appreciation of Heritage Architecture

Pingyao boasts of having one of the largest collections of heritage buildings that were built during the Ming and Qing Dynasties. They are all well conserved and the students will be briefed by the local building masters in understanding the architecture. They will also observe how engraved and carved objects were made, and have the chance to try.

Each of these architecture artifacts represents a belief in the culture, so by listening to the stories and hands on making, they can gain a better understanding on what the people believed in at that period of time.



Ancient Town Scavenger Hunt

Students can participate in a scavenger hunt in an ancient town to actively explore the town's architecture, culture and history. They will also look for stone lions, a common evil-shielding object in traditional Chinese culture.

As they explore the alleys of the town, they can slowly discover the stories of the past behind each architecture. The multiple stone lions with different postures and facial expressions found in process are also an interesting aspect. At the end, there will be instructors teaching them about these various stone lions and what they mean in Chinese culture.



Zhangbi Ancient Castle

Zhangbi Ancient Castle, is an ancient multi-functional castle, integrating military, residential, productive and religious functions into a little-known small-scale locale. It is most famous for its underground crisscrossing tunnels. The complicated attack and defense system makes Zhangbi Ancient Castle a top and rare ancient underground military site in China.

Through a competitive treasure hunt, students can learn about its tunnel defense system, and military culture. It may cultivate students' interest in military aspects and guide them in the charm of ancient history. After finding the treasure, students can also what they found.



Clay Sculpture Workshop

With the most ancient temples and the best-preserved Buddhist statues, there are more painted clay sculptures in Shanxi Province than in any other province in China. This form of art is important to religion, folk customs, the overall passing of cultural heritage. There is an old saying called “Carve wood into a skeleton, shape mud to become a soul”.

Students would also dive into this traditional art and culture. Learning from masters, they can have this magical experience of transforming a piece of clay into something lively. As they slowly sculpt their figure, they may also understand the secrets and history behind each clay Buddhist statues they have seen along the way.



Monkey Bridge Building

This is an activity where students build a “Friendship Bridge” using materials like ropes and bamboo poles. It’s both fun and creative.

Students will apply theoretical knowledge to construct a stable bamboo bridge with their own hands, deepening their understanding of physics principles while also developing teamwork skills. Through collaboration, they will learn how to divide tasks, communicate, and solve problems together. Once the bridge is built, students will face the challenge of crossing the bridge they constructed, testing not only their balance but also boosting their confidence and trust in the team.

This activity helps students strengthen their understanding of physics and fosters teamwork and problem-solving skills.



Baichuantong Bank Workshop

Students will visit the former site of BaiChuanTong Draft Bank in Pingyao Ancient City for a study tour of Shanxi merchant finance culture. At this well-preserved site of a renowned Qing-Dynasty draft bank, students will learn how ancient draft banks operated, including bill-of-exchange remittance, secret-code anti-counterfeiting and traditional accounting, and explore the business philosophy and integrity spirit behind the “remittance across the nation”. Through on-site visiting, role-playing ancient banking procedures and hands-on experience writing traditional draft bills, students gain immersive insight into Shanxi merchants’ business wisdom and the development of early modern Chinese finance, achieving integrated learning of history, financial literacy and traditional culture.



Laser Tag

Laser tag is a group activity where students use laser guns to tag each other in a set-up arena. Divided into different teams, the students will need to tag students from another team while trying to dodge other peoples' laser gun by taking shelter behind obstacles.

This is an activity that involves sharpshooting skills, physical agility, strategy, and collaboration between individuals. The students can enjoy the fun and exercise while training their ability to communicate and cooperate with teammates. This activity also tests their capability in creating an effective strategy to achieve their goal of defeating other teams.



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5D4N PINGYAO FOR G7

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	- Bus from School to Station - High Speed Train to Pingyao	- Lunch Orienteering & Outdoor Sketching – Wetland & rural landscape, teamwork, navigation and artistic skills	- Dinner - Set up Tent - Camping
Day 2	- Breakfast Pingyao Ancient Architecture Learning – Learn about the history and wisdom behind the architecture	- Lunch Exploration in the Old Town – Explore the town, knowing the differenced among the traditional aspects of stone lions	- Dinner - Campfire Party & Talent Show Camping - Camping
Day 3	- Breakfast Zhangbi Ancient Castle – Learn about ancient military defense through a full course of Scavenger Hunt	- Lunch Clay Sculpture Workshop – Learn Religion and Culture through Traditional Art	- Dinner - Culture Quiz - Hotel
Day 4	- Breakfast Monkey Bridge Building – Fosters creativity, problem-solving, and teamwork while constructing a bridge using limited materials	- Lunch Bai Chuan Tong Bank – Learn and experience first hand ancient bank operations	- Dinner - Reflection & Awards Ceremony - Hotel
Day 5	- Breakfast Laser Tag – Physical ability, Strategic planning, Teamwork	- Packed Lunch - Head to Railway Station and Departure - Arrive and Back to School	

Packing List

Historical Climate Reference: Early September (7–11 Sep)

Temperature Range:

Day: 21–28°C | Night: 11–16°C

Generally dry, mostly sunny to partly cloudy with occasional light autumn showers. Cool mornings & evenings, warm midday. Diurnal temperature swing over 10°C.

1. Must-Have Items

- ❑ **Sleeping Bag** (Mandatory, prepared by students. Tents and moisture-proof mats are provided by the camp.)
- ❑ **Mosquito repellent and other anti-mosquito supplies** (Adequate protection will help prevent mosquito bites while camping)
- ❑ **Valid Personal Documents** (Consistent with the information submitted during registration)
- ❑ **Headlamp** (for camping night-time use)
- ❑ **Large-Capacity Sports Water Cup** (For full-event use)

2. Clothing (Light, Breathable, Wear-Resistant & Sports-Friendly)

- ❑ **Tops:** 6-8 short-sleeve T-shirts, 1 thin long-sleeve coat
- ❑ **Bottoms:** 2 pairs of sports long pants, 4 pairs of sports shorts
- ❑ **Underwear & Socks:** Prepare several sets for timely replacement
- ❑ **Pajamas:** Loose and comfortable style, suitable for both hotel accommodation and camping
- ❑ **Sun Protection Gear:** Sun hat, sun protection clothing, ice sleeves

3. Toiletries & Personal Medicine

- ❑ **Basic Toiletry Set:** Toothbrush, toothpaste, towel and basic skin care products (portable sub-bottles are recommended)
- ❑ **Sanitary Supplies:** Dry tissues, wet wipes, portable garbage bags
- ❑ **Personal Medicine:** Prepare exclusive personal medicine and inform the team teacher in advance

